



It Starts With You

Your health and wellbeing are important. The more conscious a woman is about her overall health, the better the chance of living a healthy life, having a healthy pregnancy, and raising a healthy family.

Here are some reasons why regular annual visits are important and a few things to consider if you are thinking about becoming pregnant, suspect you might be pregnant, or know you are pregnant:

Preconception Health & Planning	>
Take a Vitamin Every Day	>
Scheduling Checkups	>
Eating Right	>
Stop Smoking and Avoid Secondhand Smoke	>
Use only Provider Approved Medicines	>
Don't Use Alcohol or Drugs	>



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EARLY SIGNS OF PREGNANCY

- Early Signs of Pregnancy Include
- If You Suspect Pregnancy

PRENATAL CARE

- Text 4 Baby
- Preterm Labor Warning Signs
- Medical Expenses
- Other Programs

SAFE SLEEP

- Safe Sleep Guidelines
- What are SIDS and SUID?
- Is My Baby's Crib Safe?
- What if I Cannot Afford to Purchase a Crib?

YOU AND BABY

- Benefits of Breastfeeding
- Care After Delivery
- Well Baby Checkups and Immunizations
- Safety
- Day Care
- Why Babies Cry
- Family Planning

ABOUT US

- Message from the First Lady
- Infant Mortality Facts
- Media
- Contact Us

PROVIDERS

- Parent Training
- Healthcare Provider Training
- Childcare Provider Training

RESOURCES

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Preconception Health & Planning

Women know life moves quickly. New partners, new jobs, or different opportunities or circumstances can come in and out of your life impacting everything from your current situation to your future life plans. On top of that, there are new birth control methods and your access to birth control can also change, which is why it's important to make sure your healthcare provider is aware of your reproductive plans and goals.



Annual wellness visits can be more than just a routine check up if you think of them as an opportunity for you to compare notes with your healthcare provider to:

- 1. Review your overall health** – emotional, mental, and physical health are equally important to discuss.
- 2. Discuss lifestyle choices** – everything from your job and your eating habits, to your sexual preferences can affect your overall health and wellbeing.
- 3. Minimize health risks** – Your provider may have insights into risk factors or simple adjustments that could greatly benefit your general health.
- 4. Touch base on prevention** – depending on your habits and lifestyle, there may be preventative steps you can take to ensure a healthier life.
- 5. Identify medical problems** – your medical history, current stress levels, and medications you may be taking can all point to potential health risks. Regular exams and simple tests can help in early identification.
- 6. Build a relationship** – regular visits with your healthcare provider give you the opportunity to get to know one another and feel more comfortable discussing sensitive subjects that impact your health and wellbeing.

If you are thinking about becoming pregnant within the next year, you will want to visit with your healthcare provider about your reproductive plan.

If you don't want to become pregnant, be sure to ask what contraceptive methods are best for you.



OVER 52%
of PREGNANCIES are
UNPLANNED

Sometimes even healthy mothers have complicated pregnancies or babies with health challenges.

Understanding your OWN HEALTH is an important first step as you consider your family planning and childbearing goals.

Here are some questions to consider:



What are your health goals and/or challenges?

Annual check-ups (sometimes called well visits or preventative visits) with your healthcare provider are important. These visits give you the opportunity to talk about your overall physical and mental wellbeing, things you can do to prevent future health problems, how your relationships are affecting your health, and what your child-bearing goals are. It's also a good time to review and discuss behaviors that can put your health at risk, such as alcohol, tobacco or other substance use, diet, and levels of physical activity.



How healthy is your diet?

Healthy eating habits can give you more energy and can reduce or even prevent some chronic conditions. Eating well doesn't have to be a chore or expensive either – a little planning and making small changes every day can make a huge difference!

Did you know doctors recommend that all women of child-bearing age take a daily vitamin that includes Folic Acid? Adequate folic acid helps prevent some birth defects. A vitamin isn't a substitute for choosing healthy foods, but it is an insurance policy that you are getting the nutrients you need even on your busiest days.

There are lots of nutrition resources and apps that can help you make healthy choices:

- [healthysd.gov](#)
- [healthyforgood.heart.org/move-more](#)
- [foodinsight.org](#)
- [myfitnesspal.com](#)
- [fooducate.com](#)
- [loseit.com](#)



What is your family's medical history?

Knowing your family's health history can be very valuable. It can help you understand your own health better and prepare you for the future. Being aware of conditions that run in your family can also help prevent potential health problems for you and your baby.



Do you have any existing conditions?

Chronic conditions are often some of the most common, costly, and preventable health problems. Things like heart disease, stroke, cancer, type 2 diabetes, and obesity can be prevented or controlled by making small, daily changes to diet or exercise habits.

You can also plan ahead to protect yourself against infections. Half of all sexually active people will contract a sexually transmitted disease (STD) by the age of 25. Besides being uncomfortable and embarrassing, STDs can cause serious health conditions – even infertility. The good news is that STDs are preventable. Get the facts and get tested.

- [doh.sd.gov/diseases/infectious/std](#)
- [facebook.com/gotitcoveredsd](#)



What medications are you currently taking?

Make sure you know all of the prescriptions you're taking and how they might react with other drugs, food, alcohol, or over the counter medications. Stay on top of instructions and dosages and be sure to talk with your healthcare provider regularly.



Emotional support & healthy relationships.

Stress is part of life, but finding balance is critical to your emotional and mental wellbeing. There are many strategies to help reduce stress – from physical activity and hobbies, to meditation or simple "me time." No relationship is perfect, but the time you spend with your partner, family, and friends should make you feel happy and safe. You can talk with your healthcare provider about resources in your community that can help you build the support systems you need to reduce stress and strengthen relationships.



What other resources are available to you?

Don't be afraid to reach out. You might be surprised by the number of agencies and programs that are geared toward providing information, guiding, and assisting you in making healthy choices. Here's a few places to get you started:

- [cdc.gov/preconception/planning.html](#)
- [fda.gov/ForConsumers/ByAudience/ForWomen/WomensHealthTopics/ucm117976.htm](#)
- [showyourlovetoday.com/knowledge](#)
- [acog.org/Patients](#)

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WHY ARE PRENATAL CHECKUPS IMPORTANT?

If you are thinking about becoming pregnant, a preconception care visit can set you on the path to a safe and healthy pregnancy. Your healthcare provider can also help you decide what steps to take to become physically and emotionally ready to have a baby.

If you suspect you are pregnant, or know you are pregnant (even if this isn't your first pregnancy), early and regular prenatal visits will improve the chances of a healthy pregnancy because every pregnancy is different.



MOTHERS who DO NOT get PRENATAL CARE...

ARE **3X** more likely to have a **LOW birth weight baby** &
ARE **5X** more likely to have a baby that **DIES**

Here are 10 REASONS to schedule and keep your prenatal appointments:

1. Reduces your risk of pregnancy complications.
2. When you get regular prenatal care, doctors can spot and treat health issues early, which can cure many problems and prevent others.
3. Gives you the ability to control existing conditions, like high blood pressure or diabetes, which can lead to serious complications during pregnancy such as preeclampsia.
4. Reduces your baby's risk of complications because doctors can identify potential problems earlier.
5. Babies of mothers who do not get prenatal care are 3x more likely to have a low birth weight and are 5x more likely to die.
6. Can help you eliminate known risk factors. Things like tobacco and alcohol use during pregnancy have been shown to increase the risk for Sudden Infant Death Syndrome (SIDS). Alcohol use also increases the risk for fetal alcohol spectrum disorders, which can cause a variety of problems including: abnormal facial features, having a small head, poor coordination, poor memory, intellectual disability, and problems with the heart, kidneys, or bones. Exposing your baby to secondhand smoke increases the risk for frequent and severe asthma attacks, ear infections, respiratory infections, and SIDS.
7. Can help you maintain a healthy diet and weight during your pregnancy.
8. Gives you the opportunity to review all of the medications you are or might need to take during your pregnancy. There are medications (including some acne treatments and dietary or herbal supplements) that are not safe to take during pregnancy.
9. Healthcare providers are a great resource for information on how to stay healthy before, during, and after each pregnancy so you can give your baby the healthiest start to life.
10. Healthcare providers can also put you in touch with resources and support networks within your community.



What's involved in a prenatal checkup?

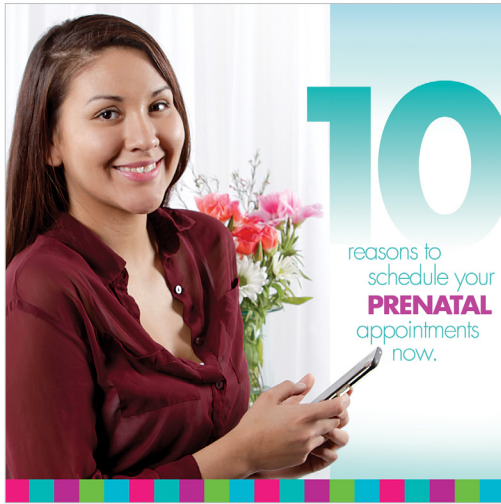
Prenatal visits often include a physical exam, weight checks, and blood pressure and heart rate monitoring. Depending on the stage of the pregnancy, you may also receive blood tests or ultrasound exams. These visits will also include important discussions about your health, the infant's health, and any questions you may have about the pregnancy.

Your healthcare provider is part of a team of people dedicated to helping you... think of regular checkups as part of the support system designed to give you and your baby the best possible start to a healthy life!

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				Family Planning			



May 15 is National Women's Check Up Day! And, prenatal check ups are very important for all pregnant women. Find out how scheduling and keeping your prenatal appointments can set you on the path to a safe and healthy pregnancy: (link to new accordion: It Starts With You > Preconception Health & Planning)

May 15 is National Women's Check Up Day and May 14-20 is National Women's Health week.



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